



UNIVERSITY FITNESS CENTER

2019 SWIM LESSON SCHEDULE



OPEN REGISTRATION DATES

Session 1 - Nov. 8 - Jan. 12

Session 2 - Feb. 14 - Mar. 23

Session 3 - April 4 - June 8

Summer - April 4 - July 8

Session 4 - July 16 - Sept. 7

COST

UFC MEMBERS: \$50 per session

NON MEMBERS: \$80 per session

Cash, check, VISA, MC, and DISC accepted.

Payment is required at registration.

No refunds are given after second class. Classes missed due to severe weather or pool closings may be made up if schedule permits. Please check our website for closing announcements and updates.

www.uah.edu/university-recreation

All of our instructors are certified Water Safety Instructors or Coaches with years of experience in teaching and encouraging success at all skill levels.



Questions, Comments, Suggestions?
Contact UFC Pool @ 256-824-5528
500 John Wright Drive
Huntsville, Alabama 35899
(Located on UAHuntsville Campus)

WEEKEND YOUTH 2019 SWIM LESSON SCHEDULE

SATURDAY		SUNDAY	
8:15 am – 9:00 am	Itty Bitty Bubbles	1:10 pm – 2:00 pm	Mighty Minnows
9:15 am – 10:00 am	Sea Turtles	1:15 pm – 2:00 pm	Sea Turtles
10:10 am – 11:00 am	Mighty Minnows	2:15 pm – 3:15 pm	Sharks
10:15 am – 11:15 am	Dolphins	2:15 pm – 3:15 pm	Dolphins
11:00 am – 12:00 pm	Stroke Work	3:15 pm – 4:15 pm	Stroke Work
11:30 am – 12:30 pm	Sharks	3:30 pm – 4:30 pm	Super Swimmers
12:45 pm – 1:45 pm	Super Swimmers		

Session 1: January 12th thru March 10th

(make-up weekend: March 16th and March 17th)

Session 2: March 23rd thru May 19th*

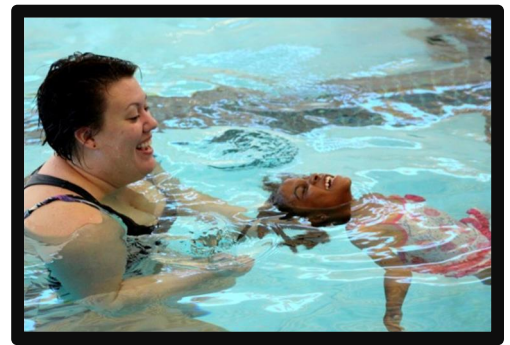
(make-up weekend: June 1st and June 2nd)

Session 3: June 8th thru August 11th*

(*no classes July 6th-July 7th; make-up weekend: Aug. 17th and Aug. 18th)

Session 4: Sept. 7th thru Nov. 3rd

(make-up weekend: Nov. 9th and Nov. 10th)



Refer to back page for guidelines for choosing a class for your child.

*No refunds are given after second class. There are make-up days only for severe weather and pool closure class cancellations.

*Please check our Facebook (@universityfitnesscenter) and website (www.uah.edu/university-recreation) for pool closure information and updates.

SUMMER 2019

WEEKDAY YOUTH SWIM LESSON SCHEDULE MONDAYS - THURSDAYS

Session 1: June 3rd thru June 13th*

Session 2: June 17th thru June 27th*

Session 3: July 8th thru July 18th*

**make-up classes will be held on the Friday at the end of each session
(June 14th, June 28th, and July 19th)*



MORNING

8:00 am – 8:45 am Itty Bitty Bubbles
*session 1 only
10:00 am – 10:45 am Sea Turtles
10:00 am – 10:50 am Mighty Minnows
11:00 am – 11:55 pm Dolphins
11:00 am – 11:55pm Sharks

AFTERNOON

12:00 pm – 1:00 pm Stroke Work
1:00 pm – 1:50 pm Mighty Minnows
2:00 pm – 2:55 pm Dolphins
3:00 pm – 4:00 pm Stroke Work
4:00 pm – 5:00 pm Super Swimmers

Refer to back page for guidelines for choosing a class for your child.

*No refunds are given after second class. There are make-up days only for severe weather and pool closure class cancellations.

*Please check our Facebook, Instagram (@universityfitnesscenter), and website (www.uah.edu/university-recreation) for updates

GUIDELINES FOR CHOOSING A CLASS

Below are the minimum skill level requirements for every class.

Please note that ages specified are only a guideline.

Please discuss with our Aquatic Staff which class is most appropriate for your child.

<p>Itty Bitty Bubbles (6mos – 4yrs) *It is required for parents to be in the water with their child in this class</p>	<p>No experience necessary Parents are taught techniques to help child Get child comfortable with water Child is afraid of the water or afraid of being away from parent Will not get face submerged Safety is emphasized</p>
<p>Sea Turtles (2yrs – 4yrs) *Child will be in Tot-Dock</p>	<p>First time for swim lessons Unable to float or fearful of floating unassisted Fearful of being in water or slight fear Cannot swim without assistance (Floaties, Water Wings, etc.)</p>
<p>Mighty Minnows (over 4yrs old) *It is advised, but not required, for child to be 3 ft. tall.</p>	<p>Little to no fear of getting face wet or ears submerged Child can blow bubbles in the water Little or no fear of being in water Little to no fear of floating</p>
<p>Dolphins (over 5yrs old)</p>	<p>No fear of water Prior swim lesson experience Can float on front and back unassisted Can retrieve object off bottom of pool at arm's length</p>
<p>Sharks (6yrs & older)</p>	<p>No fear of deep water Can swim 15 yards front crawl and back crawl Can rotate from front crawl to back float/back crawl No fear of jumping into deep water Must have completed at least 1 Dolphins Class</p>
<p>Stroke Work (6yrs & older)</p>	<p>No fear of deep water Can already swim 25 yards front crawl and back crawl Can rotate from front crawl to back float/back crawl</p>
<p>Super Swimmers (6yrs & older) / Wave Runners</p>	<p>Can swim 25 yards front crawl with side breathing Can swim 25 yards using back crawl Can swim breast stroke 15-25 yards Can tread water for 1 minute Knows basic diving skills Preparation for swim competition</p>

NOTE: Completion of course DOES NOT guarantee a child is ready for the next level. Please discuss class placement of your child with their instructors to ensure your child is placed in a class that best meets their needs.

If you would like to be added to the monthly email newsletter for updates and announcements, please email Kathleen at kathleen.bernal@uah.edu.